



Mountainland Medical Clinic  
30 South 500 East  
Heber City, UT 84032  
654-3146



Dr. Kitty Ferguson  
Pediatrics  
Birth to 18 years

ADVISE & CONSENT: ANOTHER SHOT!

The Hib vaccine is now available. This vaccine protects against the bacteria that most commonly causes meningitis, as well as other serious infections, in young children. One out of 200 unprotected children under age 6 will have this infection.

The vaccine is recommended for children from 2 to 6. We will give it routinely at age 2 from now on. Children in day care situations should receive the vaccine at 18 mos and will need a booster later. Unfortunately, the vaccine is not effective before 18 mos.



Dr. Bill Ferguson  
Family Medicine  
with Obstetrics

945-85

Side effects are low grade fever and soreness. Allergic reaction is the only serious side effect seen so far and that is rare. At this time the health dept. is recommending the vaccine but is not giving it. Pediatricians state wide have agreed to give the vaccine for \$10.00. Call and make an appointment with the nurse. An office visit is not needed.

#### DOWN TO BUSINESS

We are now on the Health Choice and DMBA plan B physician panels. Several other companies are getting ready to offer pre-paid medical plans in the near future. Call Sue with questions.

A reminder about the Emergency Room. PLEASE tell the nurse we are your doctors so we will be notified. The "on call" physician is just for people who don't have a regular doctor or whose doctor is not available. Each clinic takes care of its own patients no matter who is on call for the ER. There will be less wait if you call and tell us you are coming before you go to the ER. We can usually be there in less than 10 minutes.

Times are hard. We can accept small monthly payments or bartering if you are having trouble. (firewood, gardening, painting, tractor work, etc: just ask.) We do NOT want to add to your financial problems or turn good patients over to collections. Talk to us about it!

It's true. Dr. Bill doesn't do heart transplants! But contrary to rumor he does do other surgeries, including C-sections. Two surgeons are required for many operations so he will work with one of the other doctors on some cases. (Dr. Kitty gets sick at the mere thought of surgery!)

Drs. Bill and Kitty Ferguson  
Mountainland Medical Clinic  
30 South 500 East  
Heber City, UT 84032

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## A STITCH IN TIME

Mountain people, especially little people, need more iron than lowlanders. The best way to get iron into kids is fortified breakfast cereals. Read the labels. (Check on sugar content while you are at it.)

Sports injuries are part of the game. Remember that neglected injuries may never heal properly. Remind your young star that it's better to miss this week's game than an entire sports career.

It's time to get in wood for the winter. We have already seen several chain saw accidents including one death. Please be careful!

School problems don't come on all at once. Keep a close eye on your child and in touch with the teacher! Third and sixth grades are especially likely times for problems to show up. Don't let problems catch you by surprise at the end of the year.

Another high altitude problem is year around sun damage to skin because of our thinner air. To prevent skin cancer and premature wrinkles use sun screen year around, even in winter.

About 1/4 of all six year olds still wet the bed on a regular basis. Bedwetting is almost always a sleep disorder and rarely is anything physical wrong. Time, behavior training and remembering its the child's problem all help. **Do not punish!** Daytime problems or bedwetting in a child who was dry before may mean a physical problem.